

COMPASSION FATIGUE

Self Nurturing for Helping
Professionals

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EMOTIONAL FREEDOM TECHNIQUE (EFT)

- “The cause of all negative emotions is a disruption in the body’s energy system”

Gary Craig, Founder, EFT
www.emofree.com

EFT involves returning the energy system into balance

The EF technique is simple and effective

EFT IN A NUTSHELL

Memorize the Basic Recipe

Aim it at any emotional or physical problem

Customize the affirmation

Be specific

Be persistent until all aspects of the problem
have vanished

THE BASIC RECIPE

- The Setup
 - Repeat 3 times this affirmation aloud:
*"Even though I have this _____
I deeply and completely accept myself."*
- While continuously tapping the Karate Chop

ASSESS YOUR SUDS (SUBJECTIVE DISCOMFORT SCALE)

- FOLLOW THE SEQUENCE
- Tap about 7 times on each of the following energy points while repeating the reminder phrase at each point
- EB, SE, UE, UN, CH, CB, UA, TH, IF, MF, BF, KC

THE INTELLIGENT HEART: THE SCIENCE OF HEARTMATH

David and Bruce McArthur

- Scientists have discovered brain cells in the heart
- The heart is the center of spiritual intelligence
- We can utilize the technique “freeze frame” to transform negativity
- Avoid Burnout
- Differentiate Care versus Overcare

THE STEPS OF FREEZE FRAME

- Recognize the stressful feeling and “freeze frame” it
- Shift focus from disturbing thoughts or emotions to the area around the heart
- Keep focus on heart for 10 seconds
- Recall a positive fun time
- Re-experience that feeling
- Ask the heart for a response to the stress

MEDITATION

The Act of Listening to God

- Purpose of Meditation

- A. Relaxation

- Reduction of Anxiety

- Improvement of Health/Mental Health

- B. Spiritual Communion

- Incorporation of Virtues

- World Healing

- Soul Infusion

RELAXATION/GUIDED IMAGERY

- Progressive Relaxation
 - All muscle groups
- Anxiety is Eliminated
- Journey to Safe Place

MEDITATION

- Invite Higher Energies
- Bring in Light and Love
- Chant
- Opening Gesture
- Sacred Readings
- Heal the Lower Self
- Contact Higher Consciousness
- Forgiveness and Gratitude

MUSIC

- GUIDED MEDITATION

CLOSE

- Nelson Mandalla's Statement
- This Little Light